



## West Cobb Multi-purpose Center

### Ongoing Activities

Seniors (55+) are invited to participate in any activities between the hours of 8:30 a.m. and 4:30 p.m.

Time	Activity	When
<b>MONDAY - FRIDAY</b>		
Various Times and Places	Retreads Hiking Club	Call Judy Kelley (770) 428-4750
8:00 a.m. - 9:00 a.m.	Walking Group	Daily
8:30 a.m. - 4:30 p.m.	Honor Library	Daily
8:30 a.m. - 4:30 p.m.	Pool - cues available	Daily
<b>MONDAY</b>		
9:00 a.m. - 10:00 a.m.	Focus on Fitness (pre-registration required)	Weekly
10:00 a.m. - 11:00 a.m.	Cobb County Government Retirees	3 <sup>rd</sup> Mon
10:00 a.m. - 12:00 p.m.	Knit Wits Knitting	Weekly
10:00 a.m. - 1:00 p.m.	ADK (Fidelis Lambda Retired Teachers)	3 <sup>rd</sup> Mon
10:00 a.m. - 2:00 p.m.	Mah Jongg	Weekly
10:30 a.m. - 12:00 p.m.	West Cobb Shutterbugs	4 <sup>th</sup> Mon
11:30 a.m. - 1:30 p.m.	FREE Blood pressure	1 <sup>st</sup> Mon
1:00 p.m. - 3:00 p.m.	Woodcarvers Club	Weekly
1:00 p.m. - 3:00 p.m.	Great Ideas Book Club (Call for book titles)	2 <sup>nd</sup> & 4 <sup>th</sup> Mon
1:00 p.m. - 4:00 p.m.	Ballroom Dance Practice	Weekly
<b>MONDAY AND WEDNESDAY</b>		
9:00 a.m. - 1:00 p.m.	Defensive Driving Class (Pre-registration required)	Call for dates
<b>TUESDAY</b>		
9:30 a.m. - 2:00 p.m.	Open Bridge	Weekly
10:00 a.m. - 11:30 a.m.	West Cobb Bookends (Call for book titles)	Last Tue
10:00 a.m. - 12:00 p.m.	Creative Writing Group	Weekly
11:00 a.m.	The F.A.N. Club Call Nancy Merritt @ (770) 424-1757	1 <sup>st</sup> Tue (Sep - May)
12:00 p.m. - 4:00 p.m.	Mah Jongg	Weekly
1:00 p.m. - 3:00 p.m.	Scrabble	Weekly
<b>WEDNESDAY</b>		
9:00 a.m. - 10:00 a.m.	Focus on Fitness (pre-registration required)	Weekly
10:00 a.m. - 3:00 p.m.	Stitch-in-Time	Weekly
12:30 p.m. - 3:00 p.m.	AARP Chapter #764 Meeting	1 <sup>st</sup> Wed (Sep - May)
<b>THURSDAY</b>		
9:00 a.m. - 11:00 a.m.	FREE Blood Pressure	1 <sup>st</sup> Thu
10:00 a.m. - 11:00 a.m.	Golden Kiwanis	Weekly

12:00 p.m. - 4:00 p.m.	Tax-Aide	Feb – Apr
1:00 p.m. - 4:00 p.m.	Assorted Cards/Board Games	Weekly
Various Times	West Cobb Senior Golfers Call Joan Moore @ (770) 509-1967	Weekly (Legacy Golf Course)
1:00 p.m.	NCGA Ex-POWs	3 <sup>rd</sup> Thu
1:00 p.m. - 4:00 p.m.	Melody Makers Chorus	Weekly
<b>FRIDAY</b>		
9:00 a.m. - 10:00 a.m.	Focus on Fitness (pre-registration required)	Weekly
9:30 a.m. - 1:30 p.m.	Open Bridge	Weekly
10:30 a.m. - 12:30 p.m.	Square Dancing	Weekly
1:00 p.m. - 4:00 p.m.	Table Tennis	Weekly